

## A Newsletter for Juneau County Seniors & Adults with Disabilities



# AGELESS

**HEIDI RANDALL, DIRECTOR**

**Aging & Disability Resource Center of Southwest WI--Mauston**

**608-847-9371 or toll free 877-794-2372**

**Website: [www.adrcswwi.org](http://www.adrcswwi.org)**

**January, 2011**

**NOTES FROM HEIDI NO. 344**

**Hello Everyone—**

Happy New Year! Welcome to our first edition for 2011. We have had our first big blast of winter with a huge snowstorm and blustery winds/blizzard. Now that we have it behind us maybe, just maybe, we can settle in and get used to our inevitable winter weather! By now we should be used to it if we are Wisconsin natives.

The New Year brings us new opportunities and changes to staff. You will be seeing new faces at the ADRC and mealsites. Mary Murray is our new Lead Information and Assistance worker and we will be hiring a new Disability Benefit Specialist and new Mauston site manager in a few weeks. So stay tuned to further announcements. We welcome Mary and look forward to hiring the others soon.

The ADRC recently acquired a flat screen TV so we will be showing educational DVD's soon. We also were fortunate to be able to purchase some nice sitting area furniture and received funding through the Ho Chunk Nation for new chairs for the Mauston mealsite. Come and see our new layout. We also have a video reader for low vision consumers who would like to look at materials under magnification. Feel free to bring in your papers or documents so we can show you how it works. It is a wonderful tool to make reading more enjoyable and accessible.

Just a note on mealsite closings due to inclement weather: Tune into WRJC at 1270 to listed for closings. The general rule of thumb is if schools are closed, so are we. A change for 2011 suggested donations is also in effect—the suggested donation amount for congregate and home delivered meals is now \$3.75 per meal. Meals are provided on a donation basis and we ask that you donate to the best of your ability to support the program.

# MENU FOR

Mauston, Necedah, Camp Douglas, New Lisbon and Lyndon Station

847-9371

547-3125

427-3287

562-6592

666-2423

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>January 3</b>	<b>January 4</b>	<b>January 5</b>	<b>January 6</b>
Baked Ham Boiled Potatoes Carrot Coins Rye Bread/Butter Fruit	<b>Budget Cut Day No Meals Served</b>	Baked Chicken Mashed Potatoes/Gravy Squash Potato Bread/Butter Fruit Crisp	Beef Stew/Biscuit Corn Fruit Pudding
<b>January 10</b>	<b>January 11</b>	<b>January 12</b>	<b>January 13</b>
Beef Tips Seasoned Noodles Broccoli Cuts Wheat Bread/Butter Fruit	Turkey ala King Biscuit Corn Fruit Brownie	Soup Djour Chicken Salad Sandwich Broccoli Salad Fruit Frosted Cake	Herb Baked Chicken Baked Sweet Potato Mixed Vegetables 12 Grain Bread/Butter Pie
<b>January 17</b>	<b>January 18</b>	<b>January 19</b>	<b>January 20</b>
<b>Martin Luther King Day-Holiday ADRC Office &amp; All Meal Sites Closed No Meals Served</b>	Roast Beef Mashed Potatoes/Gravy Seasoned Cabbage Potato Bread/Butter Cookie	Swedish Meat Balls Seasoned Noodles Peas & Carrots Wheat Roll/Butter Lemon Bar	Pork Loin Scalloped Potatoes Green Beans Layered Salad 12 Grain Bread/Butter Frosted Cake
<b>January 24</b>	<b>January 25</b>	<b>January 26</b>	<b>January 27</b>
Salisbury Steak Mushroom Gravy Oven Browned Potatoes Broccoli Cuts Wheat Bread/Butter Fruit	Turkey Noodle Casserole Creamed Peas Wheat Roll/Butter Fruit Crisp	BBQ Pork/Bun Tator Tots Baked Beans Fruit Cookie	Meat Loaf Baked Potato/sour Cream Carrot Coins Wheat Roll/Butter Pudding
<b>January 31</b>	<b>February 1</b>	<b>February 2</b>	<b>February 3</b>
Chicken Wild Rice Cass Broccoli & Cauliflower Cornbread Rice Krispie Bar	<b>Budget Cut Day No Meals Served</b>	BBQ Chicken Baked Potato/Sour Cream Seasoned Corn Wheat Roll/Butter Fruit Pie	Beef Stew Seasoned Corn Biscuit/Butter Fruit Cookie

**CONGREGATE MEAL (IN CENTER) & MEALS ON WHEELS  
(HOMEBOUND)-\$3.75**

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

# WONEWOC MENU

464-7217

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>January 4</b>	<b>January 5</b>	<b>January 6</b>	<b>January 7</b>
Baked Ham Boiled Potatoes Carrots Coins Rye Bread/Butter Fruit	Baked Chicken Mashed Potatoes/Gravy Squash Potato Bread/Butter Fruit Crisp	Beef Stew Biscuit/Butter Corn Fruit Pudding	<b>Budget Cut Day</b> <b>No Meals Served</b>
<b>January 11</b>	<b>January 12</b>	<b>January 13</b>	<b>January 14</b>
Turkey ala King/Biscuit Corn Fruit Brownie	Soup Djour Chicken Salad Sandwich Broccoli Salad Fruit Frosted Cake	Herb Baked Chicken Baked Sweet Potato Mixed Vegetables 12 Grain Bread/Butter Pie	Fish/Tartar Sauce Potatoes Broccoli Cuts Wheat Bread/Butter Fruit
<b>January 18</b>	<b>January 19</b>	<b>January 20</b>	<b>January 21</b>
Roast Beef Mashed Potatoes/Gravy Seasoned Cabbage Potato Bread/Butter Cookie	Swedish Meatballs Seasoned Noodles Peas & Carrots Wheat Roll/Butter Lemon Bar	Pork Loin Scalloped Potatoes Green Beans Layered Salad 12 Grain Bread/Butter Frosted Cake	Fish/Tartar Sauce Broccoli & Cauliflower Cornbread Rice Krispie Bar
<b>January 25</b>	<b>January 26</b>	<b>January 27</b>	<b>January 28</b>
Turkey Noodle Casserole Creamed Peas Wheat Roll/Butter Fruit Crisp	BBQ Pork/Bun Tator Tots Baked Beans Fruit Cookie	Meat Loaf Baked Potato/Sour Cream Carrot Coins Wheat Roll/Butter Pudding	Fish/Tartar Sauce Oven Browned Potatoes Broccoli Cuts Wheat Bread/Butter Fruit

**CONGREGATE MEALS (IN CENTER) & MEALS ON WHEELS (HOMEBOUND)-\$3.75**

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

# ELROY MENU

462-5175

MONDAY	TUESDAY	THURSDAY	FRIDAY
January 3	January 4	January 6	January 7
Baked Ham Scalloped Potatoes Carrots Apple Rings Dinner Roll/Butter Pineapple Tidbits	Baked Chicken Mashed Potatoes/Gravy Broccoli Cranberries Dinner Roll/Butter Tapioca Pudding	Hamburger Steak in Mushroom Gravy Parsley Potatoes Diced Beets Dinner Roll/Butter Cake	<b>Budget Cut Day No Meals Served</b>
January 10	January 11	January 13	January 14
Sirloin Tips/Gravy Noodles Stewed Tomatoes Dinner Roll/Butter Baked Custard	Pork Roast Potatoes/Gravy Sauerkraut Hot Cinnamon Applesauce Dinner Roll/Butter Cookie	Lasagna Tossed Salad/Fr. Dress. Garlic Bread Mixed Fruit	Chicken, Rice, Broccoli Hot Dish Peas & Carrots Pears Dinner Roll/Butter Brownie
January 17	January 18	January 20	January 21
<b>Martin Luther King Day- Holiday ADRC Office &amp; All Mealsites Closed No Meals Served</b>	Baked Chicken Mashed Potatoes/Gravy Squash Cranberries Dinner Roll/Butter Cookie	BBQ/Bun Hash Brown Potatoes Baked Beans Pickles Jello/Fruit/Topping	Tuna Salad Sandwich Broccoli Cheese Soup Fruit Salad Carrot/Celery sticks Cake
January 24	January 25	January 27	January 28
Liver & Onions Scalloped Potatoes Peas Dinner Roll/Butter Apple Crisp/Topping	Meat Loaf Potatoes/Gravy Carrots Pickled Beets Dinner Roll/Butter Tropical Fruit	Creamed Chicken over Biscuits Green Beans Cranberries Fruit Pie	Salmon Patty Potatoes Creamed Peas Apple Rings Dinner Roll/Butter Mixed Fruit
January 31	February 1	February 3	February 4
BBQ Ribs Baked Potato Wedges Green Bean Casserole Dinner Roll/Butter Pudding/Topping			

**CONGREGATE MEALS (IN CENTER) & MEALS ON WHEELS (HOMEBOUND)-\$3.75**

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## **SPOTLIGHT ON SOCIAL SECURITY**

**By Ken Hess, Social Security Public Affairs Specialist for Wisconsin**

Social Security's homepage, [www.socialsecurity.gov](http://www.socialsecurity.gov) has a new look!

Our redesigned homepage now features a service channeling guide on the left side of the page, which lists the most sought-after services and information on the site. You'll find information or service you want quickly and easily, including links to:

- Applying online for benefits
- Estimating your retirement benefits
- *Extra help* with Medicare prescription drug costs;
- Services for people who already receive benefits; and
- Getting or replacing a Social Security card.

You can find great information categorized by general topic at the top of the home page including Retirement, Disability, Survivors, Supplemental Security Income, Medicare and Business Services. At the center of the page you'll find information targeted for specific groups, such as Congress, the press, wounded warriors, government employees, as well as useful links ranging from emergency office closings to getting help with your situation. You'll also find information about our agency, such as careers with Social Security, and the history of Social Security.

A news section keeps readers up to date on important Social Security news, and a large question mark to the right of the page takes you to our frequently asked questions.

Please visit our redesigned home page the next time you need a service or information from Social Security. Find it now at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## **Need To Do Business with Social Security over the Holidays Go Online!**

**By Karyl Richson, Social Security Public Affairs Specialist, Milwaukee, WI**

There's a lot to do during the holiday season. Probably the last thing on your list is spending precious time at a Social Security Office, waiting to conduct business, especially if you don't need to.

The busiest time for Social Security field offices and the agency's toll free phone number are early in the week and early in the month. So if your business can wait, it's best to contact us at other times. The same is true during the holiday season—especially the week between Christmas and New Year's. If you must do business with Social Security during the holidays, you may experience busy signals on the telephone and longer wait times in local offices.

There's an even better way to conduct your business: online at [www.socialsecurity.gov](http://www.socialsecurity.gov). There you'll find a wealth of information and online services. For example, you can apply online for Social Security benefits or for Medicare, and then you can check on the status of

your pending application. If you're already a Social Security beneficiary, you can go online to change your address, phone number or direct deposit information, get a replacement Medicare card, or request a proof of income letter.

Visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) and save yourself a call or a trip to our office. But if you do need to speak to a Social Security representative one on one, we'll be there for you.

## Your Resolutions for 2011

**By Karyl Richson, Social Security Public Affairs Specialist, Milwaukee, WI**

It's that time of year: out with the old and in with the new. You may be thinking about your list of New Year's resolutions for 2011. There are many important things to consider. May we suggest a few? Each of these will take only a matter of minutes.

1. **Get an estimate of your future Social Security benefit.** In just a few minutes, you have an instant, personalized estimate of your future Social Security benefit. Our online *Retirement Estimator* gives estimates based on your actual Social Security earnings record. This is valuable to know when you're making plans for your future. Check it out at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).
2. **Read Your Mail.** Be especially careful about looking at mail that arrives from Social Security. About 2-3 months before your birthday, you should receive your annual *Social Security Statement*. Your *Statement* is a concise, easy to read personal record of earnings on which you have paid Social Security taxes during your working years and a summary of the estimated benefits you and your family may receive in retirement, survivors or disability benefits as a result of those earnings.
3. **Visit the ballpark.** Not that one, the *Ballpark Estimator*. It will help you do a better job of saving for your future. It's true that times have been tough lately. But no matter how much you earn, it's a good idea to try to save. Check out the *Ballpark Estimator* for a projection of how much you should save for a comfortable retirement. Go to the ballpark at [www.choosetosave.org/ballpark](http://www.choosetosave.org/ballpark).

Deciding to diet, exercise, read more books, and watch less television are all good resolutions. But the ones we suggest don't require nearly as much work and won't nag you all year long. Take a few minutes now, and you could have this list of resolutions knocked out in less time than it takes to put together a list of resolutions.

## Our 75<sup>th</sup> Anniversary: An Eventful Year

**By Karyl Richson, Social Security Public Affairs Specialist, Milwaukee, WI**

Social Security is the nation's most successful domestic program. It's easy to look back at what a difference it has made over the last 75 years. And 2010, our anniversary year, has been full of accomplishments.

We launched an important new service in 2010; the online Medicare application. It allows people reaching age 65 who opt to delay receiving retirement benefits to apply for Medicare coverage from their computer in as little as 10 minutes. Also exciting is that we reunited the original cast of the *Patty Duke Show* to promote the new application. Reunite with the cast and go to the Medicare application at

[www.socialsecurity.gov/medicareonly](http://www.socialsecurity.gov/medicareonly).

Speaking of Medicare, a "twist" in the law makes it easier for more people to qualify for *Extra Help* with their Medicare prescription drug plan costs because some things no longer count as income and resources. Chubby Checker, who made "The Twist" popular, helped make the announcement with a public service campaign. Learn more at the Hearings and Appeals website: [www.socialsecurity.gov/appeals](http://www.socialsecurity.gov/appeals).

At Social Security, customer service satisfaction remains high. The agency took the 3 spots for customer service in the American Customer Satisfaction Index. Social Security's online *Retirement Estimator* and benefit application remain in the top spots, and the *Help with Medicare Prescription Drug Plan Costs* application placed third. We even beat Netflix in customer service satisfaction.

Social Security employees are satisfied too. Employees rate Social Security as one of the *Best Places to Work in the Federal Government* according to The Partnership for Public Service and American University's Institute for the Study of Public Policy Implementation. If you're thinking of joining the team, visit:

[www.socialsecurity.gov/careers](http://www.socialsecurity.gov/careers).

This year, Social Security has shown that transparency is as important to us as it is to President Obama. In January, the agency made new data available to the general public, supporting the President's *Transparency and Open Government* initiative. In February, the agency launched an Open Government website at [www.socialsecurity.gov/open](http://www.socialsecurity.gov/open) and in April Social Security used that website to showcase the agency's *Open Government Plan*. The 75<sup>th</sup> Anniversary of Social Security has been an exciting year, and not only because we reflect back on a long history—but because we have many great things going on right Now

# Questions & Answers on Social Security

## *General*

**Question-** I don't have direct deposit yet so I still get a check in the mail. What do I do if I did not receive my Social Security check?

**Answer-** If you are still receiving checks by mail, please wait for 3 days after the date you normally receive your payment before calling. If you still have not received your payment by then, contact us at 1-800-772-1213. Please consider direct deposit for future payments because you will never have to worry about late or missing payments. Learn more at [www.socialsecurity.gov/deposit](http://www.socialsecurity.gov/deposit).

**Question-** How do I request proof of my benefit amount?

**Answer-** You can use your SSA-1099 form as proof of your income if you receive Social Security benefits, or you can use the annual cost-of-living adjustment notice as verification of your current benefits. You can also make an online request for a Proof of Income Letter at <https://secure.ssa.gov/apps6z/BEVE/main.html> or you may call Social Security's toll free number 1-800-772-1213. People who are deaf or hard-of-hearing may call our toll free TTY number 1-800-325-0778 between 7 a.m. and 7 p.m. on Monday through Friday.

## *Retirement*

**Question-** I began collecting Social Security Retirement benefits at age 62, but also continued working. Now I am full retirement age. Do I need to report my earnings to Social Security?

**Answer-** No. When you reach full retirement age, you no longer need to report your earnings to Social Security. You do, however need to report earnings for those months in the calendar year before the month you reach full retirement age. For example, if you reach it in May, you would need to report your earnings total for the 4 earlier months. If you are under full retirement age when you start getting your Social Security payments, \$1 in benefits will be deducted for each \$2 you earn above the annual limit. For 2010 and 2011, that limit is \$14,160. In the calendar year you attain full retirement age, \$1 for each \$3 you earn above a higher annual limit up to the month of full retirement age attainment. For 2010 and 2011 that limit is \$37,680. Learn your full retirement age by consulting the chart at [www.socialsecurity.gov/agereduction.htm](http://www.socialsecurity.gov/agereduction.htm).

**Question-** I'm retired and I get a monthly withdrawal from an IRA. I plan to apply for Social Security benefits. Will the money from my IRA be considered earnings that could reduce my monthly benefits?

**Answer-** No. Non-work income such as pensions, annuities, investment income, capital gains and other government benefits are not counted and will not affect your Social Security benefits. For more information, we suggest the following publications:

*Retirement Benefits* (Publication No. 05-10035) and *How Work Affects Your Benefits* (Publication No. 05-10069). You can find both online at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## *Supplemental Security Income*

**Question-** Can my children receive dependent's benefits because I'm on Supplement Security Income (SSI)?



**Answer-** No. SSI benefits are based on the needs of the individual and are paid only to the qualifying person. You can learn more about SSI by reading the online publication, *Supplemental Security Income (SSI)* at [www.socialsecurity.gov/pubs/11000.html](http://www.socialsecurity.gov/pubs/11000.html).

**Question-** Are Supplemental Security Income benefits taxable?

**Answer-** No. SSI benefits are not taxable. You will not receive an annual form SSA-1099. You can learn more about SSI by reading the online publication, *Supplemental Security Income (SSI)* at [www.socialsecurity.gov/pubs/11000.html](http://www.socialsecurity.gov/pubs/11000.html).

### **Disability**

**Question-** I need help. My husband was diagnosed with early-onset Alzheimer's disease. We need Social Security disability benefits. What should we do?

**Answer-** You should apply for disability benefits. You can complete an application for Social Security benefits online at [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability). Then fill out an Adult Disability Report, which you can also find online. The disability application is a claim for benefits, while the disability report provides us with information about your husband's current impairment. You should be able to complete these on your own, but you can call us toll free at 1-800-772-1213 (TTY 1-800-325-0778) to set up an appointment to help you complete the application in person or over the phone. Early-onset Alzheimer's falls under the purview of *Compassionate Allowances*. This means Social Security will be able to expedite the processing of your husband's disability claim. Claims involving *Compassionate Allowances* conditions can be processed in a matter of days rather than the months and years of other disability decisions sometimes can take. For a list of *Compassionate Allowances* conditions see

[www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances).

**Question-** My neighbor is blind and receives Social Security benefits. Are there other ways for her to get letters from Social Security?

**Answer-** Yes. Social Security offer a number of services and products specifically designed to people who are blind or visually impaired. Below are a couple of them.

**Special Note Option-** If you are blind or visually impaired, you can choose to receive notices and other information from Social Security in special ways that may be more convenient for you. To find out more about this service, please go to our web page, *If You are Blind or Visually Impaired—Your choices for Receiving Information from Social Security* at [www.socialsecurity.gov/notices](http://www.socialsecurity.gov/notices). In addition, you have a question about Social Security notice you receive, you may call our toll free number 1-800-772-1213 from 7 am to 7 pm Monday through Friday or call or visit your local Social Security office and ask us to read it to you.

**Public Information Materials-** Many of our publications, such as brochures and fact sheets are available in Braille, audio cassette tapes, compact discs, or in enlarged print. Our publication *If You Are Blind or Have Low Vision—How We Can Help*, and other publications in alternative formats can be obtained by calling toll free 1-800-772-1213 Monday-Friday 7 am-7pm. If you are deaf or hard of hearing, you may call our TTY number 1-800-223-0778.

For more information on obtaining public information materials for people who are blind or visually impaired, see our page Public Information Materials in Alternative Media at [www.socialsecurity.gov/pubs/alt-pubs.html](http://www.socialsecurity.gov/pubs/alt-pubs.html).

### **Medicare**

**Question-**If I call Social Security's toll-free number can a Social Security's representative take my application for *Extra Help* over the phone?

**Answer-**For the fastest service, apply online at [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp). However, if you call Social Security at 1-800-772-1213 and an interviewer is available, he or she may be able to take your application over the phone. If an interviewer is not immediately available, we can schedule a telephone appointment for you. Learn more about Social Security by visiting our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call us at 1-800-772-1213 (TTY 1-800-325-0778). For more information about the Medicare Prescription Program, visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE(1-800-633-4227; TTY 1-877-486-2048)

## **January Birthdays**

**Jan. 2-**Anna Johnson

**Jan. 7-** Roger Demaske

**Jan. 11-** Rai Ann Paulsen

**Jan. 15-** Rita Wright

**Jan. 16-**Yvonne Pedersen

**Jan. 19-**Rose Konemann

**Jan. 26-**Babe Randall

**Jan. 7-** Penny Wehman

**Jan. 10-**Bernie Worthington

**Jan. 12-** Joan Bader

**Jan. 16-** Ray Hurtado

**Jan. 18-** Pete Conway

**Jan. 23-**Edith Mitchell

**Jan. 26-** John Macrafi

## January 2011 Schedule

**Saturday, January 1-** Happy New Year!

**Monday, January 10-** Caregivers Coalition Meeting in ADRC at 1:30 p.m.

**Thursday, January 13-** Committee on Aging and Disability Resource Meeting in Room 1 of Juneau County Courthouse at 3 p.m.

**Monday, January 17-** Martin Luther King Day- Holiday- ADRC office and all mealsites Closed.

**Tuesday, January 18-** April Martell, UW-Extension Program Coordinator will give program at Adult Center at 11:30 a.m.

**Wednesday, January 19-** Adult Center Board Meeting at 9:30 in Adult Center.

April Martell will give program at Beagles Bar and Grill, Lyndon Station at 11 a.m.

**Thursday, January 20-** April Martell will give program at Camp Douglas Village Hall at 11:05 a.m. and in New Lisbon Meal Site at noon.

**Friday, January 21-** Low Vision Support Group meeting at 9:30 am in Adult Center

**Tuesday, January 25-** April Martell will give program at Necedah Village Hall at 11:30

**Thursday, January 27-** April Martell will give program at Grace Lutheran Church, Elroy at 11:30 a.m.

Sharing Supper at Moose Lodge from 5 to 6:30 p.m. It's FREE and all are welcome.

**Tuesday, January 31-** April Martell gives program at Bernie's Wagon Wheel II, Wonewoc at 11:30 a.m.

## Mile Bluff Medical Center Dates

**Health Fair-***Appointments are required for all tests.* FREE heart disease and diabetes risk assessments. FREE blood sugar and blood pressure screenings. FREE hearing tests (8-11 am only) Total cholesterol tests (no fasting) for \$10 or lipid profile tests (12 hour fasting) for \$20. **On Thursday, Jan. 13 7-11 a.m. at Elroy Family Medical Center,** call 608-462-8466.

**Community Blood Drive-** For more information call the Blood Center of Wisconsin at 888-310-7555. **Monday, Jan. 17 and Tuesday, Jan. 18 from 9 a.m.-2 p.m.** at Mile Bluff Medical Center

**Myrna Kelly's Apron Presentation-** For more information or to reserve a spot call 608-847-2377. Myrna will bring a collection of her aprons, demonstrate how they have been worn and provide a brief history on each piece. **On Tuesday, Jan. 18 at 2 p.m. in Terrace Heights Retirement Community.**

**Social Services- Outpatient Counseling-** For more information call 608-847-1838. Group and Individual counseling services are available.

**Family & Friends Connection-** for more information call 608-847-1838. For family and friends of nursing home residents. **On Tuesday, Jan. 11 from 2-3 p.m.** in Fairview Nursing Home. *Topic- Creating Memorable Visits.*

**AA Group-** For more information, call 608-847-6878 or call the AA Hotline at 608-222-8989. Meetings take place at Mile Bluff Medical Center in the Castle Rock Room and are closed with no smoking. **Sundays at 6 p.m. and Mondays at 7:30 p.m.**

**AL-ANON Group-** for more information call 608-562-5611. **On Mondays at 7:30 p.m. in Mile Bluff Medical Center.**

**Gambling Anonymous Group-** for more information call Arlene at 608-847-6893. **On Tuesdays, at 10:30 a.m. in Bethany Lutheran Church, 701 Grove Street, Mauston, WI**

**Narcotics Anonymous Group-** if interested in group meetings or NA resources, call Dennis at 608-562-6223 or 608-547-2533.

**Parkinson's Support Group-** If interested call Arlene at 608-847-6893.

**Smart Balance Class-**for more information call Lisa at 608-847-1297. Weight management and nutrition classes to begin in January at Mile Bluff Medical Center. Dates and times to be determined by participant interest.